

TRYING AN ATTITUDE OF GRATITUDE



Helping YOU
Choose a happier,
More fulfilling life

What we focus on in our lives affects how happy we are. If we focus on our challenges and problems, the things we wish we had, and the things that bother us, we will be less happy than if we focus on the good things we have, and the beauty in our lives. Dan Baker, author of *What Happy People Know: How the New Science of Happiness Can Change Your Life for the Better* talks about an "Appreciation Audit" in which you take 3 to 5 minutes to think about something or things you deeply appreciate. Ideally you would do this three times each day. Focusing on things we are grateful for creates the opposite of worry, and creates positive biochemical changes in your body. Some people write a "gratitude" list each night before going to sleep.

Start by listing five things you are grateful for below. You might create "Top Five" Lists – your Top Five Favorite People, or the Top Five Things I'm Looking Forward To. When you are stressed or anxious or fearful, you can think of one of these lists, or focus on top five things about the situation. For instance, when you feel you are about to lose your temper with your child, think of the Top Five Things I Love About My Child. Or even the Top Five Things About My Physical Problem. You can write them down, or just think of them (whatever works for you!).

Things for which I am grateful:

- 1.
- 2.
- 3.
- 4.
- 5.

(Yes, you can write more than five.)